

A close-up photograph of a watermelon slice, showing the red flesh and black seeds. The slice is triangular and positioned diagonally across the frame. The background is blurred, showing more of the watermelon and some green foliage.

Addison!®

Accolade

A publication of the Town of Addison Recreation Department

June July August 2010
www.addisonathleticclub.com

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Athletic Club Staff



Slade Strickland
Director of Parks
and Recreation



Cindy Baber
Recreation Associate



Randy Rogers
Recreation Manager



Tom Brandt
Recreation Associate



Ketha Johnson
Recreation Associate



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Maria Delgado
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Deena Atkinson
Pacesetters Programs
Coordinator



Megan Everly
Recreation Associate



Darrell Carmon
Custodian



Justin Pollard
Fitness Programs
Coordinator



Keila Fairbanks
Recreation Associate



Isaac DeLaGarza
Custodian



Michelle Holland
Children's Programs
Coordinator



Julián Guevara
Recreation Associate



Raymond Wiley
Day Porter

Registration for classes

You may register for all classes beginning Monday, May 24, 2010. Summer session will run from Tuesday, June 1, 2010 through Tuesday, August 31, 2010. Please register in advance for all activities unless otherwise noted.

For more information visit our website at: www.addisonathleticclub.com

Payments: Cash, credit cards, and checks are accepted during walk-in registration.

Waiting List: Residents interested in registering for a class that is full will be put on a waiting list. The waiting list does not guarantee a spot.

Residents will be contacted as soon as a spot becomes available.

Class Cancellation: If a class is cancelled, staff will make every effort to contact residents registered for the class before the first day of class.

So you will know...

July 4, 2010 - Independence Day Holiday

The outdoor pool will be open, but the Athletic Club will be closed.

The Accolade

is published quarterly by the Town of Addison Recreation Department. Any questions, letters to the editor or other comments regarding this publication should be made to:

Recreation Manager's Office
Addison Athletic Club
P.O. Box 9010
Addison, Texas 75001-9010

Addison Athletic Club

3900 Beltway Drive 972-450-7048

Hours of Operation Athletic Club

Monday-Thursday	5:30 a.m. - 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	8:00 a.m. - 8:00 p.m.
Sunday	1:00 p.m. - 6:00 p.m.

Outdoor Pool

Monday-Friday	12:00 p.m. - 8:00 p.m.
Saturday	10:00 a.m. - 8:00 p.m.
Sunday	1:00 p.m. - 6:00 p.m.

Addison Recreation Department Mission Statement:

To offer and maintain for the Town's residents a wide array of recreation, health, fitness, and athletic programs at the Athletic Club.

Swim Lessons

Swim lessons are for **ALL AGES and LEVELS**, come join Sherry May for a customized positive learning experience! Please pay instructor but register at the front desk.

JUNIOR LIFEGUARD CLUB

The Jr. Lifeguard Club gives teens and pre-teens the chance to see what lifesaving and lifeguarding is all about. They will improve skills in many areas such as stroke technique, endurance, leadership, lifesaving CPR skills and lifesaving knowledge. All female participants must wear a one-piece swim suit and all boys must wear at the knee swim shorts (nothing longer). Each student must attend all classes and will receive certification with an official lifeguard whistle upon completion. Each session consists of eight 45 minute classes and costs \$180.00/session. **AGES 9 and up**

6/8 - 7/1	Tu & TH	4:45 - 5:45 pm	\$180	5210.301
7/6 - 7/29	Tu & TH	4:45 - 5:45 pm	\$180	5210.302
8/3 - 8/26	Tu & TH	4:45 - 5:45 pm	\$180	5210.303

MOMMY/DADDY & ME

Developed for children 6 months to 5 years of age, Mommy/Daddy & Me builds swimming readiness by emphasizing fun in the water. Parents learn how to hold their child in the water so that the child may comfortably explore and participate in learning elementary water skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and basic safety survival skills. All Children must wear swim diapers, if not potty trained. Each session consists of eight 30 minute classes and cost \$120.00/session

AGES: All moms and dads with children 6 months - 5 years

6/7 - 6/30	M & W	12:30 - 1 p.m.	\$120	5205.301
7/5 - 7/28	M & W	12:30 - 1 p.m.	\$120	5205.302
8/2 - 8/25	M & W	12:30 - 1 p.m.	\$120	5205.303

AQUATICS LEVELS 1 - 3

Throughout the three levels of swim lessons children are taught basic aquatic safety and survival skills. They are also encouraged to gain greater independence and increase their comfort level in and around the water. Skills are age/level-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first. Each session consists of eight 30 minute classes and cost \$136.00/session. Please arrive 15 minutes before the class. **Ages 4 - 12 years**

Level 1

6/7 - 6/30	M & W	4:00 - 4:30 pm	\$136	5206.301
7/5 - 7/28	M & W	4:00 - 4:30 pm	\$136	5206.302
8/2 - 8/25	M & W	4:00 - 4:30 pm	\$136	5206.303

Level 2

6/7 - 6/30	M & W	4:45 - 5:15 pm	\$136	5207.301
7/5 - 7/28	M & W	4:45 - 5:15 pm	\$136	5207.302
8/2 - 8/25	M & W	4:45 - 5:15 pm	\$136	5207.303

Level 3

6/7 - 6/30	M & W	5:30 - 6:00 pm	\$136	5208.301
7/5 - 7/28	M & W	5:30 - 6:00 pm	\$136	5208.302
8/2 - 8/25	M & W	5:30 - 6:00 pm	\$136	5208.303

Private Lessons are available upon request. Experienced with Autism & Special needs of Mentally & Physically Disabled of all ages. 30 minute Private Lessons \$25.00, 30 minute Semi-Private Lessons \$20.00. Contact: Sherry May @ 214-542-7578 or 972-490-7617, sherry.may@sbcglobal.net

Summer Luau

Say aloha to the summer by attending the **1st Annual Summer Luau** at the outdoor pool. Dress in tropical attire and get ready to enjoy hula dancing, swimming and even compete in the limbo contest. Enjoy a live DJ, hot dogs and cold refreshments poolside. **Don't miss this family-fun event!**

You may register for all classes beginning Monday, May 24, 2010. Summer session will run from Tuesday, June 1, 2010 through Tuesday, August 31, 2010. Please register in advance for all activities unless otherwise noted.

Pacesetters

Pacesetter's programs are for individuals 50 years old or older. For any questions about the programs, contact Deena Atkinson at 972-450-7048 or datkinson@addisontx.gov



SUMMER CARDIO CINEMA

Is the summer heat getting to you? Bring your fitness routine inside! Join us in our Cardio Cinema! Instead of seats, you will be on cardio equipment, so you can watch today's popular movies on a movie projection screen while you work out. Stay for the whole movie and burn calories. The movies will play weekly during the afternoon for six weeks. Limited spaces available so please sign up at the front desk.

M-F 12:30 p.m. Free

7/13 New In Town

7/20 Get Smart

7/27 Julie and Julia

8/3 The Proposal

8/10 Confessions of a Shopaholic

8/17 Cadillac Records

LUNCH BUNCH

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location.

Masala Wok - 4950 Beltline Rd

6/9	W	11:30 a.m.	1586.301
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Italian Club - 14865 Inwood Rd

7/14	W	11:30 a.m.	1587.301
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Ziziki's Taverna - 5000 Beltline Rd

8/11	W	11:30 a.m.	1588.301
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MOZZARELLA COMPANY-WINE AND CHEESE PAIRING CLASS

One could not get fresh mozzarella in this town, but then, in 1982, Paula Lambert opened The Mozzarella Company in dodgy old Deep Ellum and a Dallas culinary institution was born. Come take a tour of the Mozzarella Company and a two hour class on cheese and wine pairing. Eat a light dinner before, because tasting will be required. Transportation will be provided.

6/17	Th	5:30 p.m.	\$55	1504.301
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LAVENDER RIDGE FARM

Lavender, new herbs, strawberries, scented geraniums, varieties of cut flowers and organic vegetables are all for the picking at Lavender Ridge Farms. We will enjoy a lunch at the Lavender café on your own. You will be charged for produce and flowers picked.

6/4	F	8:00 a.m.	\$5	1505.301
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MOVIE MONDAY'S

Need something to do Monday afternoons? Once a month we will meet at the Addison Athletic Club and take a van to the movies. Come join us and watch a good afternoon flick with friends.

6/28	M	TBA	\$5	1506.301
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7/26	M	TBA	\$5	1503.302
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8/23	M	TBA	\$5	1503.303
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LONESTAR HORSE RACES

Come spend the evening at the races. We will be seated in the climate controlled area on the 2nd level at the counter seats. You have the option to purchase Star Carver Buffet for \$15 or eat at the concession stand. The registration fee includes transportation and ticket.

7/1	Th	5:00 p.m.	\$15	1527.301
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SUMMER MUSICALS DREAMGIRLS

Dreamgirls tells the rags-to-riches story of an up-and-coming 1960's girl group from Chicago, and the triumphs and tribulations that come with fame and fortune. The original Broadway production of Dreamgirls opened December 20, 1981 at the Imperial Theatre and won six 1982 Tony Awards. Dreamgirls closed on Broadway August 11, 1985, after 1,522 performances. Dreamgirls features music by Academy Award nominee Henry Krieger with book and lyrics by Tony and Grammy-Award winner Tom Eyrn. The original Broadway production was directed by Michael Bennett and choreographed by Bennett and Michael Peters. Dreamgirls was adapted into a motion picture by DreamWorks Pictures and Paramount Pictures, and opened in December 2006.

7/15	Th	5:00 p.m.	\$60	1528.301
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LE CORDON BLUE LUNCH AND TOUR

Le Cordon Bleu College of Culinary Arts in Dallas features an on-campus, open-to-the-public restaurant called Technique. It is run by the students who prepare and serve the meals, while patrons enjoy a delicious fine dining experience. We will be taking a tour of the facility and transportation is provided. You will be paying for your own lunches.

8/20	F	11:30 a.m.	\$5	1559.301
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CARD NIGHT

Do you like to play cards? Meet in the multi-purpose room every other week and enjoy playing different fun games with friends. Some of the games include Hearts and Texas Hold'em. Snacks are welcomed.

6/2 W 7 p.m. FREE 1564.301

SENIOR APPRECIATION PANCAKE BREAKFAST

Take time out and enjoy a pancake breakfast prepared personally by the Addison Athletic Club staff. Bring all your friends and meet new ones during this wonderful time that is specifically planned for our seniors. Please register at the front desk for your spot!

8/5 Th 8 - 10 a.m. FREE 1509.301

AFTERNOON TEA

Once a month come to the Addison Athletic and enjoy afternoon tea time. Tea is a fashionable and trendy way to carve out some meaningful time with friends. It provides a refined retreat where we can connect with others and have some quality time together. This will be an informal affair, and you are asked to bring yummy treats to share. Some examples of treats might be scones, fruit salad, cucumber and cream cheese sandwiches, egg salad sandwiches, chicken salad sandwiches, or a variety of desserts. The tea will be provided. If you have any questions please feel free to ask Deena.

6/24 Th 1:30 - 3 p.m. 1530.301

7/22 Th 1:30 - 3 p.m. 1530.302

8/26 Th 1:30 - 3 p.m. 1530.303

DUNN BROS COFFEE CLUB

Once a month come to Dunn Bros Coffee House and learn about your town. We will have a special guest to introduce to the group each month. Can't wait to see you there! Dunn Bros Coffee Shop - 3725 Beltline Road

6/2, 7/7, 8/4 W 10:30 a.m.

BIRTHDAY BASH OF THE MONTH

Everyone loves birthday parties! Come celebrate all the spring birthdays in the multi-purpose room. Cake will be served and if anyone wants to bring extra goodies that would be great! If your birthday is in March, April or May come and celebrate! Everyone is invited. It's going to be a party!

6/18, 7/16, 8/13 F 10:30 a.m. Free

Wii WEDNESDAY

Come enjoy a game of Wii bowling with a hand held controller that requires you to move as you would during a normal game of bowling. Come laugh, meet new people and have fun! Small lunch will be provided. Please sign up in advance at the front desk.

6/16, 7/21, 8/18 W 10:30 a.m. Free 1546.301

STITCHING FROM THE HEART

Come join our stitching group. Come help knit or crochet blankets for Medical City Children's Hospital. Every blanket will go to a very sick child. We meet in the multi-purpose room every Tuesday. Donations are encouraged!

6/1-8/31 Tu 11 a.m. Free

BALANCE TRAINING COURSE

A "Matter of Balance" is a structured group intervention, which utilizes a variety of activities to address physical, social, and cognitive factors affecting fear of falling and to learn fall prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions and exercise training. Each of the eight sessions is two hours in length including a break for light refreshments. Early sessions focus on changing attitudes and self-efficacy before attempting changes in actual behavior. The exercise component, which begins in the third session, takes about 30 minutes of the session to complete.

The program was designed to benefit older adults who:

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, ambulatory and able to problem-solve

6/14-8/2 M 1030am-1230pm Free 1581.301

CHAIR YOGA

Chair Yoga's many benefits are attracting the large 'baby boomer' population nationwide. Increase your vitality, strength, flexibility and balance, through a series of postures and breathing techniques all taught with the support and stability of a chair. Postures are done seated and standing. Rejuvenate your body, reverse the effects of aging and calm your mind. Pay instructor.

6/7-8/30 M,W 11 a.m.-12 p.m. \$7

FITNESS FOR LIFE

Have you been thinking about using the weight room, but aren't sure how to use the machines? Has your doctor suggested weight training or strengthening? This is your chance to have a personal trainer work with you as a group once a week and to be there to answer any questions or concerns. The class is designed for ages 50 and older. Please pay at the front desk.

6/1-8/31 Tu 9:30 - 10:30 a.m. \$2

You may register for all classes beginning Monday, May 24, 2010. Summer session will run from Tuesday, June 1, 2010 through Tuesday, August 31, 2010. Please register in advance for all activities unless otherwise noted.

Fitness & Adult Programs

Fitness and adult programs are for everyone 15 years or older. For any questions about the programs contact Justin Pollard at 972-450-7048 or jpollard@addisonix.gov



FREE ORIENTATION! Are you helping or hurting yourself while working out? Let our fitness staff show you the proper way to use the cardio and strength training machines. Please call 972-450-7048 and ask for Justin Pollard.

FREE BODY FAT TEST

Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, and puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage, have our staff check it using our body fat analyzer or skin fold calipers. Call Justin at 972-450-7048 to set up an appointment.

CO-ED BOXING FITNESS

Bored of the same workout routine! Need a change of pace? If so, try our new co-ed boxing aerobics class that teaches basic boxing techniques like the jab, hook, footwork, and combinations. Lose weight, get in shape physically and mentally, and enjoy the best stress-relieving class in Addison. Classes are taught by a former Golden Gloves and Tough Man Champion Mike Tufariello. Please pay the instructor.

6/5-8/28 Sa 10:30 a.m. \$7

TRX SUSPENSION TRAINING: BODY BLAST

This is interval training that will work your entire body. This system is used by athletes, military personnel and fitness pros. It builds total body strength, balance, flexibility and core stability for people of all fitness levels. A total body training

tool and the cutting-edge training program can give you what you need to take your performance to the next level. All levels are welcome. Contact Mindy Taylor at 469-831-3147. First time free.

Begins June 1-August 31, \$20 per one-on-one class

MORNING YOGA

A challenging class for the experienced yoga enthusiast with detailed instruction for new yogis. This class brings breath and body strength together, which you can maintain throughout your lifetime. Bring a mat. Please pay the instructor.

Ongoing TTh 9:30-10:30 a.m. \$7

YOGA FLOW

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind. Please pay the instructor.

Ongoing TTh 5:45-6:45 p.m. \$7

YOGA LUNCH

This Yummy Yoga class will energize your body & rejuvenate your mind. Lose weight. Feel great.

Ongoing MW 12:10-1:00 p.m. \$7

HOMEBUYERS WORKSHOP

Presented by Dallas County Community College Instructors and RE/MAX. You will learn the "Do's & Don'ts" when trying to buy a home. We cover contracts, agency, inspections, financial qualifications and down payment requirements, including zero down options, legal issues, how to make an offer and counter offers, homestead laws, community property laws and much more. Registration is required at least one week prior to each workshop.

6/7	M	7-9 p.m.	Free	3101.301
7/5	M	7-9 p.m.	Free	3101.302
8/2	M	7-9 p.m.	Free	3101.303

BOOK REVIEW GROUP

Become a member of the Addison Book Review Club. They would love to have you join them. For more information ask our front desk staff or watch the locker room bulletin boards. The group will meet the first Monday of each month at 7:00 p.m. in the second floor conference room. The books we will be reading are as follows:

"The Big Rich" by Bryan Burroughs

6/7	M	7 p.m.	Free	3108.301
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You may register for all classes beginning Monday, May 24, 2010. Summer session will run from Tuesday, June 1, 2010 through Tuesday, August 31, 2010. Please register in advance for all activities unless otherwise noted.

"The Dying Animal" by Philip Roth

7/5	M	7 p.m.	Free	3108.302
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"South of Broad" by Pat Conroy

8/2	M	7 p.m.	Free	3108.303
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BEGINNING TENNIS

Learn the "Sport of a Lifetime!" This introductory class is geared toward learning the proper mechanics of the forehand, backhand, volley and serve. Scoring and singles play introduced.

6/2-6/30	W	6 - 7 p.m.	\$55	3716.301
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6/5-7/3	Sa	8 - 9 a.m.	\$55	3716.302
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7/7-8/4	W	6 - 7 p.m.	\$55	3716.303
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7/10-8/4	Sa	8 - 9 a.m.	\$55	3716.304
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8/11-9/8	W	6 - 7 p.m.	\$55	3716.305
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8/14-9/11	Sa	8-9 a.m.	\$55	3716.306
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ADVANCED BEGINNER TENNIS

This is a great refresher for those who have completed a beginner class and are familiar with the basics. In addition to refining strokes covered in the beginner class, approach shot and overhead techniques are covered. Single strategies are covered.

6/1-6/29	T	6 - 7 p.m.	\$55	3717.301
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6/5-7/3	Sa	9 - 10 a.m.	\$55	3717.302
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7/6-8/3	T	6 - 7 p.m.	\$55	3717.303
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7/10-8/7	Sa	9 - 10 a.m.	\$55	3717.304
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8/10-9/7	T	6 - 7 p.m.	\$55	3717.305
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8/14-9/11	Sa	9 - 10 a.m.	\$55	3717.306
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ADVANCED BEGINNER II TENNIS (NTRP 2.5 - 3.0)

This class consists of a combination of game-based drills and point play. Players are expected to know the basics and be able to sustain a short rally while refining stroke technique. Singles and doubles strategies are covered.

6/7-6/28	M	11 - 12:30 p.m.	\$80	3718.301
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6/2-6/30	W	7 - 8 p.m.	\$80	3718.302
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6/5-7/3	Sa	10 - 11:30 a.m.	\$55	3718.303
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7/5-8/2	M	11 - 12:30 p.m.	\$80	3718.304
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7/7-8/4	W	7 - 8 p.m.	\$80	3718.305
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7/10-8/7	Sa	10- 11:30 a.m.	\$80	3718.306
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8/9-9/13	M	11 - 12:30 p.m.	\$80	3718.307
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8/11-9/8	W	7 - 8 p.m.	\$80	3718.308
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8/14-9/11	Sa	10 - 11:30 a.m.	\$80	3718.309
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INTERMEDIATE TENNIS (NTRP 3.0-3.5)

A variety of game based drills and point play situa-

tions are designed for players with medium pace shots and directional control. Doubles strategies are covered while incorporating aggressive net play. Regular play and league participation are encouraged to remain competitive at this level.

6/1-6/29	T	7 - 8:30 p.m.	\$80	3719.301
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6/3-7/1	Th	7 - 8:30 p.m.	\$80	3719.302
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7/6-8/3	T	7 - 8:30 p.m.	\$80	3719.303
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7/8-8/5	Th	7 - 8:30 p.m.	\$80	3719.304
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8/10-9/7	T	7 - 8:30 p.m.	\$80	3719.305
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8/12-9/9	Th	7 - 8:30 p.m.	\$80	3719.306
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BEACH TENNIS LEAGUE

Beach tennis merges the world of tennis and beach volleyball into one exciting sport! Doubles play only. Sign up as an individual or register as a team.

NTRP 3.0

6/12-7/24	Sa	1 - 2 p.m.	\$35	3718.301
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NTRP 3.5 +

6/12-7/24	Sa	12 - 1p.m.	\$35	3718.302
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"THE ELEMENTS" BOOT CAMP

The Elements Boot Camp is an intense, results oriented program. The program is conducted with the elements of land, air and water - utilizing the world's greatest gym: Your body! The Elements Boot Camp workout lasts one hour and works to develop functional conditioning. Sessions to include body weight calisthenics, cardiovascular, strength-endurance activities, flexibility and nutrition lessons.

It is suggested for this boot camp that you have an intermediate level of fitness and be able to run a mile in under 15 minutes. You will be pushed and motivated based on your current level of fitness. Bring your A game and remember - NO WHINING. Body Mass Index (BMI), Body Fat and measurements will be taken before and after the program. For more information contact Mindy Taylor by email:info@abchealthandfitness.com or phone: 469-831-3147

6/2-7/7	M,W,F	5:45 - 6:45a.m.	\$150	3722.301
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Must have 5 enrolled for boot camp to start.

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KIDSCENE
 Kidscene programs are our children's programs. For any questions about the programs contact Michelle Holland at 972-450-7048 or mholland@addisontx.gov

CAMPS

SUMMER CAMP

This will be an all day camp filled with many fun activities to experience. The campers will work on sports and games in the mornings. Arts and crafts, swimming, educational activities and much more will take place in the afternoons. A field trip is scheduled every Friday. Campers must bring a sack lunch, swimsuit and sun screen everyday. Only 20 spaces available. Ages: 6-12 years

6/1-6/4	M-F 7:30a.m.-6p.m.	\$75	5305.301
6/7-11	M-F 7:30a.m.-6p.m.	\$100	5305.302
6/14-18	M-F 7:30a.m.-6p.m.	\$100	5305.303
6/21-25	M-F 7:30a.m.-6p.m.	\$100	5305.304
6/28-7/2	M-F 7:30a.m.-6p.m.	\$100	5305.305
7/5-9	M-F 7:30a.m.-6p.m.	\$100	5305.306
7/12-16	M-F 7:30a.m.-6p.m.	\$100	5305.307
7/19-23	M-F 7:30a.m.-6p.m.	\$100	5305.308
7/26-30	M-F 7:30a.m.-6p.m.	\$100	5305.309
8/2-6	M-F 7:30a.m.-6p.m.	\$100	5305.310
8/9-13	M-F 7:30a.m.-6p.m.	\$100	5305.311

ADVENTURES IN ART CAMP

Finally an art camp, conducted by award winning "Teachers of the Year" and professional artists from the Robert Garden School of Art, where fine art & creativity are learned not just crafts! Your young artist will learn important fundamentals in realistic painting and drawing using oils, watercolors, acrylics, charcoals and oil pastels while completing 8 amazing projects your family will cherish. All art supplies and detailed instruction are provided. Wear an old t-shirt and bring a roll of paper towels. (Pay instructor \$60 to register and \$60 supply fee). Ages: 5-13 years

7/5-7/8	M-Th 9-11:45 a.m.	\$120	5306.301
8/16-8/19	M-Th 2-4:45 p.m.	\$120	5306.302

EVENTS FOR THE ENTIRE FAMILY

SIZZLE SUMMER FAMILY NIGHTS

Every Thursday night at the outdoor pool we will be grilling hotdogs and serving drinks! Have fun socializing around the pool area and playing games. This is a great summer get-away from your regular routine.

6/3-8/12 Th 5:45-6:45 p.m. \$2 7014.301

1st ANNUAL SUMMER LUAU

Say aloha to the summer by attending the 1st Annual Summer Luau at the outdoor pool. Dress in tropical attire and get ready to enjoy hula dancing, swimming and even compete in the limbo contest. Enjoy a live DJ, hot dogs and cold refreshments poolside. Don't miss this family-fun event!

8/7 Sa Noon-2:00 p.m. \$2 per person

FAMILY GAME NIGHT

Bring the whole family for a night of fun and games! We will provide all the games or bring your favorite game to share. Popcorn, Pizza and Soda will be provided. We will have gym games as well as Wii games and a Pickleball court in the gym. Games for all ages will be available.

8/6 F 6-8 p.m. \$3 7011.301

PRESCHOOL PROGRAMS

KID'S NIGHT OUT

Come let the little ones enjoy a special night filled with fun and laughter while you have an evening out! We have a whole night filled with arts and crafts, games, movie and a special snack. Limited space is available. Sign up at the front desk to reserve a spot. Please make the front desk aware of any allergies your child may have. Child must be potty trained to enroll in the class. No exceptions will be made. Ages: 3-5 years

7/9 F 6:30-9:00 p.m. \$5 5301.301

FRIDAY NIGHT IN

This is a night for kids of all ages to come and have fun! The older children will enjoy swim time while the little ones do arts and crafts. Then we will all come together and watch a movie, eat pizza and play in the gym. Come join the fun and meet new friends! Space is

limited. Please make the front desk aware of any allergies your child may have. Child must be potty trained to enroll in the class. No exceptions will be made. Ages 3-12 years

6/11 F 6:30-9:00 p.m. \$5 5345.301
 8/20 F 6:30-9:00 p.m. \$5 5345.302

PRESCHOOL FRIENDS

Join the fun and make new friends with Miss Michelle! Learn the ABC's, 123's, music, games, and art together. The goal of this program is to give children a fun environment so they can experience and learn new things with their own age group. Each class will have a new and exciting theme to keep your children interested. Come experience the fun! Child must be potty trained to enroll. Ages 3-5 years

7/14-9/1 W 10:30 a.m.-Noon \$40 5313.301

JUMPBUNCH

JumpBunch is a fun, structured program that introduces children to a wide range of sports, helps build coordination, self-esteem, and a life-long love of sports and fitness. Check out www.jumpbunch.com for more information. Ages 2.5 - 5 years

6/3-6/24 Th 10:30-11 a.m. \$38* 5349.301
 7/8-7/29 Th 10:30-11a.m. \$38* 5349.302
 8/5-8/26 Th 10:30-11a.m. \$38* 5349.303

*or \$12 drop in

TINY TYKE SPANISH CLASS

¡HOLA! Come and experience the world of Spanish with Sandra Akins and meet new friends. This class is for young children to learn the basics of Spanish, beginning with animals, colors, numbers and letters. Each class will focus on one subject by playing games, singing songs and doing arts and crafts together. Please register at the front desk and pay instructor directly. Ages 3 - 5 years

6/7-6/28 M 3:30-4:30 p.m. \$40 5351.301
 6/3 -6/24 Th 11:30am-12:30pm \$40 5351.302
 7/5-7/26 M 3:30-4:30 p.m. \$40 5351.303
 7/1-7/29 Th 11:30am-12:30pm \$40 5351.304
 8/2-8/30 M 3:30-4:30 p.m. \$40 5351.305
 8/5-8/26 Th 11:30am-12:30pm \$40 5351.306

You may register for all classes beginning Monday, May 24, 2010. Summer session will run from Tuesday, June 1, 2010 through Tuesday, August 31, 2010. Please register in advance for all activities unless otherwise noted.

YOUTH ACTIVITIES

TWILIGHT WATCH PARTY AND SCAVENGER HUNT

Celebrate your die-hard love for Twilight and prepare for a night of fun-filled activities. We will have food and drinks, inspired by the series, while watching the latest film - New Moon (PG-13). Then participate in a Twilight Scavenger Hunt around the gym along with other activities and games. This is a great way to celebrate the newest Twilight movie, Eclipse, which opens in movie theaters the following week! Ages 10 and up

6/25 F 6:30-9:00 p.m. \$5 5401.301

KAYAKING KIDZ

Join us as we learn how to kayak with certified instructors in the heated indoor pool. This is an introductory fun program that will focus on safety and the fundamentals of kayaking in open water. We will provide the kayaks and pizza to celebrate your practice afterwards. Space is limited so please register ahead of time at the front desk. Bring towel, swimsuit and a change of clothes for the pizza party afterwards. Check out www.kayakinstruct.com. Ages 8-12 years

7/16 F 6:30 - 8:30 p.m. \$20 5320.301

FRIDAY NIGHT MADNESS

Calling all PRE-Teens & Teens! Need something to do on Friday nights during the summer? Friday night comes alive at the Addison Athletic Club. This is a "kid's night out" as well as a "parent's night out"! We will start the night off by swimming in the indoor pool, then order pizza, watch movies, play sports and compete against the Wii. Limited space available. Please make the front desk aware of any allergies your child may have. Ages 6-12

7/23 F 6:30-9:00 p.m. \$5 5402.301

FRIDAY NIGHT IN

This is a night for kids of all ages to come and have fun! The older children will enjoy swim time while the little ones do arts and crafts. Then we will all come together and watch a movie, eat pizza and play in the gym. Come join the fun and meet new friends! Space is limited. Please make the front desk

aware of any allergies your child may have. Child must be potty trained to enroll in the class. No exceptions will be made. Ages 3 - 12 years

6/11 F 6:30-9:00 p.m. \$5 5345.301
8/20 F 6:30-9:00 p.m. \$5 5345.302

STUDY SKILLS AND TUTORING

Affordable tutoring available for all students! This program offers students a full range of support including class assignment, homework assistance, study and organizational skills and test preparation. Our tutors are dedicated and diverse individuals with previous teaching or tutoring experience. They meet with the student to individualize the tutoring session. Tutoring available in: Mathematic, Science, Language Arts, Social Studies and History.

Contact info@Abchealthandfitness.com or 469-831-3147 for more information or private lessons. Ages 5 and up

6/7-6/30 MW 11 a.m.-12:30 p.m. \$80* 5352.301

7/5-7/28 MW 11 a.m.-12:30 p.m. \$80* 5353.302

8/2-8/30 MW 11 a.m.-12:30 p.m. \$80* 5354.303

*or \$10 drop in fee

FITNESS PROGRAMS

LIL' DANCERS TAP/BALLET COMBO CLASS

This is a beginner/intermediate level combination tap and ballet class for preschoolers. Children will learn basic terminology and steps while meeting new friends and having fun! Proper dance attire is required. Please pay the instructor. Ages 2^{1/2}-4 years

6/4-7/30 F 4:30-5:15 p.m. \$80 5328.301

6/4-7/30 F 5:30-6:15 p.m. \$80 5328.302

No class on Friday, July 2nd

DAZZLING DANCERS TAP/BALLET COMBO CLASS

Have your little one get into Ms. Krista's Lil' Dancers class. Dancers will enjoy learning the basics of tap and ballet while having fun at the same time and meeting new friends. Proper dance attire is required. Please pay the instructor. Ages 5-7 years

6/4-7/30 F 6:15-7 p.m. \$80 5329.301

No class on Friday, July 2nd

TAP WORKSHOP

Come and join the fun this summer. Get out of the heat and onto the dance floor. This fun and exciting Tap

Workshop class will teach your child the basics of tap dancing and meeting new friends. The last day of the workshop we will have "Parent Visitation". Proper dance attire required! Ages 5-7 years

6/10-24 Th 6:15-7 p.m. \$30 5330.301

JUNIOR TENNIS

Junior tennis classes meet once a week for either four or five weeks. Enroll Min/Max: 3/8. Drop-ins available based on availability. (1hr class: \$12) Please pay instructor: Matthew Campbell is a certified tennis professional with the United States Professional Tennis Association. Ask about private lessons or semi-private groups at mattcamptennis@gmail.com or call 325-428-9507.

BEGINNER TENNIS

Beginner Tennis - Developing hand-eye coordination. Ages 4-6 years

6/1-6/29 Tu 6-7 p.m. \$50 5335.301

7/6-7/27 Tu 6-7 p.m. \$40 5332.302

TENNIS TYKES

Beginner through Intermediate Players learn the proper technique on the forehand, backhand, volley and serve. Both drills and fun games are used to incorporate what is learned. Scoring is introduced. Ages 7 -12 years

6/2-6/30 W 7-8 p.m. \$40 5332.303

7/7-7/28 W 7-8 p.m. \$50 5335.304

JUNIOR CHEERLEADING

Students will focus on floor exercises, building endurance, self esteem, and confidence. Students will learn cheerleading jumps, and will have a high level of flexibility. Also the class will include drill exercises, form, fundamentals, dances and cheers. Last day we will have a pep rally in the gym! Please register and pay at front desk. Ages 4-9 years

6/15-8/3 T 4:30-5:15 p.m. \$80 5441.301

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Summer Aerobics

Payment options

Option 1 - \$75.00 3 month session
If you are planning on taking three or more classes per week, this is the best deal. Attending class three times a week during the three month session will reduce your cost to just over \$2.00 per class.

Option 2 - \$40.00 15 punch passes
If you can't make it to class on a consistent basis, a punch pass may be the way to go. For \$40.00 you get 15 classes. The punch pass is good for six months from date of purchase.

Option 3 - \$4.00 Drop-in
Not sure you want to take a full session of aerobics? Take one class for \$4.00 to see if you like it.

On any option residents 50 years of age and over pay half price.

WATER TRIM

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, upper body and abdominal strengthening. Exercise technique will be emphasized.

SATURDAY H2O

Take one of your weekly aerobic exercise routines in the water! This class combines cardiovascular conditions and muscle strengthening in the water. Aqua dumbbells noodles and kickboards are used to enhance the strength component of the class, while the water lowers the impact.

RISE AND SHINE YOGA STRETCH

This class is a great way to wake up your body. Basic yoga stretch moves will get your day started right. This class is great for your mind and body.

TOTAL BODY CIRCUIT

This class will give you a total body workout with muscle toning and cardiovascular conditioning. It offers muscle toning and cardiovascular conditioning, as well as, various techniques to improve your physical endurance.

EXTRA! EXTRA!

Join in for a Saturday morning full of muscle toning and heart racing interval training. This is the class

you have been looking for to even out your workout schedule.

NO EXCUSES

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

STRENGTH AND CARDIO TRAINING

The class gives participants a variety of exercises. Exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. This is a great class if you are looking for a little variety in your workout routine.

HIP HOP DANCE AEROBICS CLASS

Get ready for the breakdown with the hottest Hip Hop music. This fun, high-energy dance workout will make you sweat while learning the latest moves from street dance and urban culture. This class moves you step by step with fun choreography to get your feet moving and heart pumping for 60 minutes.

SPINNING CLASS

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome.

If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Trim	9:15-10:15 a.m.		9:15-10:15 a.m.		9:15-10:15 a.m.	
Saturday H ₂ O						9:00-10:00 a.m.
Rise & Shine Yoga Stretch	8:15-9:15 a.m.		8:15-9:15 a.m.		8:15-9:15 a.m.	
Total Body Circuit	9:30-10:45 a.m.		9:30-10:45 a.m.		9:30-10:45 a.m.	
Extra! Extra!						9:00-10:30 a.m.
No Excuses	6:00-7:00 p.m.		6:00-7:00 p.m.			
Strength & Cardio	7:00-8:00 p.m.		7:00-8:00 p.m.			
Hip Hop Aerobics				7:00-8:00 p.m.		
Spinning Class	6:30-7:30 a.m.	12:30-1:30 p.m.		12:30-1:30 p.m.	6:30-7:30 a.m.	

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Athletic Club Information

RACQUETBALL COURT RESERVATIONS:

Racquetball court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour beginning on the hour, and two names are required to reserve a court. No back-to-back reservations will be taken. Courts are available on a first come, first serve basis when there are no reservations.

TENNIS COURT RESERVATIONS:

Tennis court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour and a half, and two names are required to reserve the court. No back-to-back reservations will be taken. The court is available on a first come, first serve basis when there is no reservation. Check-in at the front desk is required.

GYM ACTIVITIES:

Come inside for some friendly basketball or volleyball competition. Pick up games are always in motion. Everyone is welcome.

Gym schedule is as follows:

Full Court Basketball: Monday - Wednesday 6:00 - 8:00 p.m.

Open Gym: Thursday & Sunday (Volleyball net set up upon request.)

Congratulations Gold Members

Members with 1000 visits to the club since 2001

Margie Wuebker

Irwin Kerber

Thomas Tomaro

Pablo Martinez

Carolyn Wiens

Drew Jackson

Ruth Wharton

David McCutcheon

John Branch

Norma Flores

Ralph Minton

Al Gagneux

Tom Murray

Tina Teza

Personal Trainers

Personal trainers are available to help you create a practical fitness schedule that's tailored for you. All personal trainers are contracted and have professional certifications through nationally recognized organizations. For more information, contact the individual trainer, or call 972-450-7048.

Adam Alexander



Adam is available for appointments 7 days a week.

Your first visit is a free 30 minute session to assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, increasing strength, improving flexibility or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding injury. To set up an appointment call Adam at 972-741-2123. His fee is \$55 per session. Adam is certified through Cooper's Institute for Aerobics Research.

Autumn Allan



Autumn is available for sessions Monday - Thursday 8:00 a.m. to 7:45 p.m., Friday 8:00 a.m. to 4:30 p.m., and Saturdays 9:00 a.m. to 11:30 a.m.

Programs are designed specific to your physical fitness and nutrition goals. Plus, Benchmark clients have exclusive use of the PowerTower™ and the BodyBugg™. Periodic blood pressure, weight, and body composition checks are taken. Autumn focuses on motivation and discipline, as well as making fitness fun, interesting, and most importantly, A LIFESTYLE! Gift certificates are also available. Contact Autumn at 214-794-3444 or benchmarkfitness@sbcbglobal.net for an appointment. Autumn's fees are \$60 per session, 10 for \$500, or 20 for \$900. Autumn is a certified Health and Fitness Instructor with the American College of Sports Medicine.

Glenn Jones



Glenn trains with a special emphasis on helping people to understand how to walk into a gym and not be intimidated. Glenn

believes keeping fitness simple. He teaches the basic principals of weight training, aerobics and nutrition. He can show you how to stay healthy and in shape, and still have a real life outside of the gym. He invites everyone to at least try personal training and would like to offer a Money Back Guarantee. You will have nothing to lose, and a whole lot to gain. Just taking that small step will put you on the path to better health. Sessions can include training in the gym, your kitchen, grocery shopping, eating healthy while in a restaurant, or fitness by phone. Call for individual rates, couples or special discounted fees. He is available for appointments during the week and on weekends. Glenn is certified through Cooper's Institute for Aerobics Research. To set up an appointment, call 214-325-2495 or glenn@thefitnessgame.com

Veronika Reed



is a former NCAA track and field hurdles runner. Among her accomplishments are

multiple Slovak National Championship titles. Veronika has two certifications through Cooper's Institute for Aerobics Research, in personal training and biomechanics. Veronika's solid foundation of balance, flexibility, power, speed and agility are essential for creating workouts suitable for anyone looking to stay fit and healthy. Veronika has a sincere desire for you to enjoy your time while exercising. Her workouts are tailored to her clients' needs, motivations and goals. If you are ready to discover endless benefits of a healthy lifestyle, contact Veronika at 251-458-6124 or veronikabobakova@yahoo.com

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TOWN OF ADDISON
RECREATION DEPARTMENT
P.O. BOX 9010
ADDISON, TEXAS 75001-9010

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Addison City Council
(left to right) Don R. Daseke, Bianca R. Noble,
Roger S. Mellow, Mayor Joe Chow, Tom Braun,
Blake W. Clemens, and Kimberly Lay

Addison! Special Events

SYMPHONIC SATURDAYS
June 5, 12, 19 and 26

ADDISON KABOOM TOWN!
July 3

JULY JAZZ
July 10, 17, 24 and 31

SUMMER SALSA
August 7, 14, 21, and 28



Hot Dog Night
Thursday nights at the
outdoor pool
\$2 for hot dog, chips
and a drink
5:45-6:45 p.m.